

## DISASTER SUPPLIES KIT

The Town has prepared an emergency-response plan to assist its residents in the event of an emergency or disaster. To augment that plan, residents are strongly encouraged to prepare personal Disaster Supplies Kits for home, auto, boat, office, etc. that will allow you to be self-sufficient for a minimum of 3 days -- no matter where you are when an emergency or disaster strikes.

Additional information about planning and preparing for an emergency can be found on King County's website (<http://www.kingcounty.gov/prepare/prepareresponse/prepared.aspx>) and the American Red Cross website (<http://www.seattleredcross.org/together/index.htm>). In addition, the American Red Cross has prepackaged disaster kits, first aid kits, books, and supplies available for purchase through their online store ([http://www.redcross-oregontrail.org/miva/merchant.mv?Screen=SFNT&Store\\_Code=ARCSEA](http://www.redcross-oregontrail.org/miva/merchant.mv?Screen=SFNT&Store_Code=ARCSEA)).

If you want to prepare your own disaster kit, the following are suggestions for the contents. The items listed below are a total inventory of all that you may need if your house falls down or suffers significant structural damage. Remember that in a Class 4 Emergency, 40% of the houses will fall down and an additional 25% will suffer structural damage (e.g. think of the aftermath of Hurricane Katrina and recent earthquakes).

### WATER

One gallon of water per person per day stored in nonbreakable, nondegrading containers, e.g. soft-drink bottles

### FOOD

Ready-to-eat canned meats, fruits, and vegetables

Soups - Bouillon cubes or dried soups in a cup

Milk, powdered or canned

Stress foods - sugar cookies or hard candy

Staples - sugar, salt, pepper stored in waterproof containers

Juices - canned, powdered or crystallized

Meats - smoked or preserved, e.g. beef jerky

Vitamins

High-energy foods - peanut butter, nuts, trail mix, etc.

### NON-PRESCRIPTION MEDICATIONS

Aspirin or non-aspirin pain reliever

Antacid

- Laxative
- Rubbing alcohol
- Activated charcoal
- Anti-diarrhea medication
- Emetic, e.g. ipecac, to induce vomiting
- Eye wash
- Antiseptic or hydrogen peroxide

FIRST-AID KIT: It is best to buy a preassembled kit from a store such as [REI](#) or online at the [American Red Cross](#) because it will include most of the items that you need. Better yet, buy two -- one for your home and another for your auto. You may wish to add:

- 2" sterile gauze pads (8-12)
- 3" sterile gauze pads (8-12)
- 2-inch and 3-inch sterile roller bandages (3)
- Triangular bandages (3)
- Needle
- Antiseptic spray
- Tongue depressors and wooden applicator sticks
- Non-breakable thermometer
- Tube of petroleum jelly or other lubricant
- Cleaning agent, e.g. soap

#### TOOLS AND SUPPLIES

- Family emergency-preparedness plan
- Flashlight and extra batteries
- Battery-operated radio and extra batteries
- Paper cups, plates, and plastic utensils
- Cash or travelers checks
- Fire extinguisher, small canister ABC type
- Pliers
- Aluminum Foil
- Non-electric can opener or utility knife
- Shut-off wrench for gas and water
- Tape
- Matches in a waterproof container
- Plastic sheeting
- Paper and pencil
- Whistle
- Dust mask and work gloves
- Plastic Storage containers
- Backpacking tent or tube tent
- Medicine dropper

## SANITATION

Toilet paper, towelettes  
Disinfectant  
Feminine supplies  
Plastic garbage bags and ties  
Plastic bucket with tight lid  
Soap and liquid detergent  
Personal hygiene items  
Small shovel, to dig latrine  
Household chlorine bleach

## CLOTHES AND BEDDING

Sturdy shoes or work boots  
Blankets or sleeping bags  
Thermal underwear  
Rain gear  
Hat and gloves  
Sunglasses

IMPORTANT FAMILY DOCUMENTS: Store these in a waterproof, portable container.

Will, insurance policies, contracts, deeds, stocks and bonds  
Passport  
Social security numbers  
Immunization records  
Credit account numbers and companies  
Bank account numbers  
Inventory of valuable household goods  
Important telephone numbers  
Family records (birth, marriage, death certificates)

## SPECIALTY ITEMS

For Baby-

Formula  
Diapers  
Bottles  
Powdered Milk  
Medications

For Adults-

Heart and high-blood-pressure medication  
Other prescription drugs, Insulin

Contact lenses and supplies  
Denture needs

Entertainment-  
Games for children  
Books for adults